Doctor LILLYS

LAST LEGACY:

BEING

The Poor Mans Physitian, the Sick Mans Friend,

And the Country-Man's DOCTOR:

OR, A New Book stored with Fifty Rare, Choice, Approved, and Experienced Receipts, both of *Physick* and *Coyrurgery*, for the Routing out, and Curing the most Raging Distempers, and most Diseases in the Bodies of Men, Women, and Children, in these Sickly Times, and necessary to be kept in all Families, as of good use and benefit for the Poorer sort, that cannot be at the Charge of a Learned Doctor.

The like never Published before. The Seventh Edition, Enlarged with above 20 New Receipts.

Written from the long Experience and Practise of that Antient and Famous Physitian and Astrologer, Mr. LILLY, *and now freely Communicated to the Poor for Publick Good in these Three Kingdoms.*

Licensed according to Order.

1. AN excellent Remedy for the Small-Pox and Measles.
2. A Rare Medicine for a Consumption and a Feaver.
3. An Excellent Balm for a Green Wound.
4. Dr. *Bates*'s Remedy against a Consumption.
5. How to drive away Infectious Diseases from the heart.
6. An Excellent Experienced Remedy for the Griping of the Guts.
7. The true Receipt how to make Dr. *Ponteus*'s Balsom, the same that all the Mountebanks sold.
8. A rare Medicine to destroy *worms* in children
9. How to fasten loose Teeth, and make the Breath sweet.
10. And also for the Bloody Flux, Running of the Reins, and Falling-Sickness.
11. How to make that excellent Powder of Tobacco, with its rare Vertues.
12. A Remedy against Deafness.
13. Dr. *Denham*'s Remedy for the Gout.
14. An approved Remedy for the Shingles.
15. A Rare Perfume against the Plague.
16. Three Remedies against Witchcraft.
17. For a Hoarseness and for a Cough.
18. A Rare Oyntment for the Piles.
19. A Plaister against all Sores.
20. To cause Womens speedy Delivery.
21. Two Remedies for a Flux.
22. Medicines to Cure the Scurvy.
23. How to prevent Convulsions in Children.
24. A Night-Spell to catch a Thief.
25. A Cure for the Corns.

With several other Rare and Excellent RECEIPTS.

To which is added, Dr. CULPEPPER'S *HERBAL, Being the Vertues of several Herbs of Excellent Use.*

LONDON, Printed for *Richard Baker*. 1683.

The Poor Man's Physitian,

The Sick Mans Friend in time of Need.

KInd Country-men, I have here faithfully communicated to you fifty most excellent and approved Receipts both in Physick and Chyrurgery, for the benefit of the Poor, that are not able to make use of a Doctor: I will assure thee they are such approved Medicines as I my self have experienced, or else was presented to me by most experienced Doctors; therefore use them, and give God thanks, I am Old, I leave them to you as my last Legacy, and bid you farewel.

1. To Cure the Gout, often proved by Dr. *Denham.*

Eat every morning for a quarter of a year, as much fine Treacle of Guinny as two great Beans, before your dinner, and after dinner as much; it bringeth forth a great Itch, and so the Gout and Itch will go away together: Proved.

2. For the Shingles, an approved Remedy.

Take the blood of a Cat, cut her Ear, and take the blood of it and a little Cream, and anoint the place grieved with a Feather. This I have experienced.

3. To prevent Convulsions in Children.

Take ten Grains of red Coral, and mix it with a little Breast-Milk, and give the Child it as soon as it is born, before it eateth any other Food, and it will never have the Falling-sickness nor Convulsions.

4. It is also an approved Remedy for the Bloody Flux, Running of the Reins, the Whites in Women; it helps such as spit and piss Blood, and is an approved Remedy against the Falling-sickness. The common Dose is from ten Grains to thirty. Proved by Dr. *Culpepper.*

5. For a Tetter.

Take the Water of red Tar, and wash it therewith. This is an approved Remedy.

6. For the Small-Pox or Measles.

Take an ounce of Treacle, half an ounce of Setwal cut small, a penniworth of Saffron ground small, mix them, and take thereof in a morning upon a knifes-point as much as you can three mornings together: take Fermacity, warm it and anoint it with a Feather, and it will take away all spots and pints of the Small-Pox.

7. A

7. A Perfume againſt the Plague.

It is the opinion of good Phyſitians, that to burn Tar every morning in a Chaffing-diſh of Coals, is moſt excellent againſt the Plague, alſo put in a little White-Wine Vinegar to the Tar; it is moſt excellent and approved.

8. For a Bruiſe where no Skin is broken.

There is no better a thing than to bath it with the Oyl of Spike morning and Evening.

9. Dr. *Bates*'s Remedy againſt a Conſumption.

Take Liver-wort two handfuls, ſix handfuls of Succory, Endiff, Borage, Colts-foot, of each ſix handfuls, ſhred them finely, put them in a Gallon of new Milk, let them ſteep all night, and in the Morning Diſtill them in a Glaſs Still, then take three ſpoonfuls of Red-Roſe-water, three ſpoonfuls of this Water, with half a pint of Red Cows Milk, and as much Sugar as will ſweeten it.

10. Moſt Excellent Remedies againſt Witch-Craft, both in Men, Women, Children, or Cattel.

Firſt let one watch the party ſuſpected when they go home to their own houſe, and preſently after (before any body goes into the houſe after him or her) let one pull a handful of the Thatch if it be a Thatch'd houſe the Witch lives in, or elſe a Tile that is over the door, if a Til'd Houſe; then take the ſaid Tile and heat it red hot in a good fire, ſetting a Tribet over it, then take the parties Water (bewitched) be it Man, Woman, or Child, and pour it upon the red hot Tile, upon one ſide firſt, and then the other, and again put the Tile in the fire, and make it extreamly hot, turning it over, and anon, and let no body come into the houſe the mean time. If the Witch lives where there is no Tile but Thatch, then take a great handful thereof, and dip it in the Parties water, or elſe in common water, but ſtrow a little Salt, then lay it in the fire, ſo that it may molter and ſmother by degrees, ſetting a Tribet or Iron Hoop over it.

11. Elſe take two Horſhooes, heat them red hot, and nail one on the threſhold of the door, but quench the other in the Urine of the party bewitched, then ſet the Urine over the fire, and put the Horſhooe into it, ſetting a Tribet over the Pipkin or Pan wherein the Urine is, make the Urine boyl, with a little Salt put into it, and three Horſe-nails, until it is almoſt conſumed, what is not boyled away pour into the fire, keep your Horſhooes and Nails in a clean Paper or Cloth, uſe the ſame manner three ſeveral times; It will be more effectual if it be done at the Change or Full of the Moon, or the hour of the firſt and ſecond quarter thereof.

12. If the Cattel are bewitched, Take ſome hair of every one of them that are bewitched, and dip the hair in fair water, wet it well, then lay it under the Tile, ſet a Tribet over the Tile, make a good a luſty fire, turn your Tile often

upon the hair, ſtiring up the hair often and anon, after you have done this for the ſpace of half an haur let the fire alone, and when the aſhes are cold bury them in the ground, in that quarter of the Haven where the ſuſpected Witch lives. Theſe are natural experiments, and work by ſimpathy, as I have found by experience.

13. An excellent Balſom for a green Wound.

Take two good handfuls of Engliſh Tobacco, ſhred it ſmall, and put into it a pint of Sallad Oyl and ſet it on a ſoft fire to ſimper till the Oyl change green, then ſtrain it, and in the cooling put in two ounces of Venice Turpentine; proved by the Counteſs of Kent.

14. To take away Hoarſneſs, approved.

Take a Turnip, cut a hole in the top of it, and fill it up with brown Sugar-candy, and ſo roaſt it in the embers, and then eat it with Butter.

15. For a Cough.

Take Sallad Oyl, Aqua-Vitæ and Sack, of each an equal quantity, beat them all together, and before the fire rub the Soles of your Feet with it.

16. To make an excellen Sear-cloath.

Take Virgins Wax, Sperma Ceti, Venice Turpentine, Oyle of white Poppy, Oyl of Ben, and Oyl of ſweet Almonds; Theſe four rare Receipts I had from the Counteſs of Kent.

17. A rare Receipt for Bruiſes, aprroved by the Counteſs of Arundel.

Take black Jet beat it to Powder, and let the Patient Drink it every Morning in Beer till he be well.

18. To drive Infectious Diſeaſes from the heart.

Take Methydate and Century, of each two ounces, eight ſpoonfuls of Dragon-water, one pint of white-wine, ſeven ſpoonfuls of Aqua-Vitæ, boyl all together a little, ſtrain it, then ſet it on the fire again a little while, and drink it Morning and Evening, this Receipt I had from a Perſon of Quality.

19. For a hot Rhume in the head, approved.

Take of Roſe-Water, Vinegar, and Sallad Oyl, mix them well together, and lay it at the Head warm. Dr. Kirg.

20. An approved Remedy for the Griping of the Guts.

Take Cardymum water, Juniper water, Caraway and Anniſeed waters, of each a penny-worth, and mix all theſe together, and take and drink it till you are well, this is an experienced Remedy.

21. For the Flux, an Experienced Remedy.

Firſt take a breaſt of Mutton and roaſt it without ſalt or Baſting; and take of the Dripping that comes from it and drink it, this hath been proved.

Or

Or also take Water an Oatmeal and Boyl it without Salt, and take it after it is boyled by spoonfuls, and you will find by the grace of God, an excellent Remedy 21. For a scalded Head, a rare Medicine.

Take Daisie-Roots, and stamp them in Ale, with as much May-Butter as is needful, anoint the sore Head with the same, approved.

22. To Kill Lice or Itch, often tryed.

Take Quicksilver one penny-worth, & kill it with fasting Spittle in a dish, and two penniworth of Oyl of Bays, one penniworth of staves Acre, and beat them well together: and then anoint the place grieved, this will kill the Itch or Lice in the Body or head. 23. A rare Medicine for worms in Children.

Take half a pint of Milk, boyl it and put into it two spoonfuls of Hony, and one of white salt, this will break the bed of the Worms taken glisterwise, approved.

24. For the Tooth-Ach.

Take the Juice of Angelica dropped into the hollow Tooth, helps the Tooth-ach; the Leaves of Balm steeped in wine, and wash the Teeth therewith, it is excellent for the same. The Coals of a burnt Vine in Powder mixed with honey, doth make the Teeth as white as Ivory.

25. An easie and often approved remedy for the Scurvy.

Take a quarter of a Peck of Sea Scurvy-grass or more, and pick it, stamp it and strain out the juice, and squeese in the Liquor of six Oranges into the said juice, and drink it Morning and Evening, and you will find help.

There is Spirits of Scurvy-grass both Gold and plain, sold by Dr. Bateman near Doctors Commons at twelve-pence a Glass, and is good for the Head-ach; Coughs, Rhumes, Dropsies, shortness of breath, Collick, wind in any part, Griping of the Guts and green sickness, and other Distempers.

26. The Lord Capels Salve for a Cut or Rankling coming of rubbing, It is also a very good Lip-Salve.

Take a pound of May Butter and Clarifie it, take the purest of it, and also take three ounces of English wax, and two ounces of Rosin and clarifie them by their selves, then boyl them altogether; when it is well boyled make it into a Cake, and keep for the above said uses.

27. To heal a Wound that no Scar or Print shall be seen.

Roast Lilly roots, and grind them with Hogs grease, and anoint the wound therewith. 28. How to make the Plaister called Apostolium.

Take white Lead and Red, of each one pound, Oyl four pound, stir them together, and boyl them with a soft Fire to a Plaister.

29. A Plaister against all Sores, approved.

Take Oyl six ounces, Litherage of Gold a quarter of a pound, Vinegar three ounces,

ounces, Cerule, Rosin, Pitch, Goats Suet, of each one ounce, Dragons blood one ounce, Wax two ounces, and with a soft fire make it into a Plaister; it is an approved Remedy.

31. A Receipt to make the Brown Balsom of *Paracelsus*, the very same that Dr. *Ponteus*, Dr. *Salvator Winter*, Dr. *Russel*, Dr. *Lancellus*, and all the Mountebanks that ever went upon the Stage sold you.

Take half a pint of Sallad-Oyl, or Linseed-Oyl, and half a pound of yellow Rosin, two ounces of Bees Wax, an ounce of Barrel Pitch, and melt these altogether in a Skillet, and when it is melted take it off from the fire, and stir to it one ounce of Liquid Storax, and put that mixture in a Pot; This is the true Balsom that ever they sold.

32. An Approved Remedy for Deafness.

First rub your Temples with a piece of red Cloth, then pick your Ears clean with your Ear-picker, and then lay down your head, and let one drop two or three drops of the Oyl of Olives into the Ear, and stop it with Wooll, and wrap it up warm, this do for two or three days, and you will (under God) find it an excellent and approved Remedy.

33. For a Sprain or Bruise, or any Ach in the Limbs.

Take one pennyworth of the Oyl of Turpentine, and bath it well against a fire, and then take an ounce of Dricrotia, and spread it on a piece of Leather, and lay it on warm to the place grieved, and keep it on till it is well. An approved Receipt from Dr. *King*.

34. To heal in four days, Scalding with Water, or any other Liquor, without Plaister or Oyntment.

Take an Onyon and cut it in the middle, and wring out the juice upon the Scalded place, doing so twice a day, and it will heal it. Proved.

35. An Oynment for Piles.

Take Yarrow, and May-Butter, and stamp them together, and apply them as hot as may be suffered, and you will find help: Tryed by Dr. *Tring*.

36. To cause Womens speedy Delivery.

Take Whites of Eggs and Castle-Soap, and make it up in Pills, adding to every Pill the Oyl of Savin, and in time of need give her five Pills of it.

37. To fasten Gums or loose Teeth.

Take a little Myrrhe, temper it with Wine and Oyl, and wash your mouth with it, and you shall see a rare Experiment. Myrrhe also killeth the Worms in Mans body, and chew it in the mouth it makes the breath sweet. Often proved by Dr. *Culpepper*.

38. How

38. How to make that excellent Oyntment of *Tobacco* of such great vertue.

Take two pound of Tobacco-leaves, bruise them, and then steep them a whole Night in Red Wine, in the morning boyl it in fresh Hogs-grease clean washed, one pound; let it boyl till the Wine be consumed, strain it, and then add half a pound of the juice of Tobacco, four ounces of Rosin, boyl it till the juice be consumed, adding to the end round Birth-worth-Root, made into a Powder, two ounces of it, and as much new Wax as will make it into an Oyntment. To write of all the Vertues of this most precious Oyntment, would take up a whole Volume; you will find it most excellent for the Cure of Tumours, wounds and Ulcers, Gun-shot, Kibes, Botches, Scabs, Itch, stinging of Bees, Wasps, or Nettles, or any Venemous beast, or Wound made with Poysoned Arrows: it helps Scaldings though with Oyl, Burnings, though with Lightning, without any Scars; it is good to make the face fair, anointed therewith, soon will Redness, Pimples, and Sun-burn banish; anoint your Temples therewith, and it helps the Head-ach, it helps the Collick, it is the best Oyntment for all sorts of Gouts; it may be made an Universal Medicine.

39. An Excellent Remedy for the Corns.

Take black Soap and Snails, of each a like quantity, stamp them together, spread it on Leather and lay it upon the Corns, put a fresh Plaister every 4*th* day.

40. A Night-Spell to catch Thieves, or to drive away Spirits that Haunt any House.

Having in the four Corners of the House this Sentence written in Parchment, Omnis, Spiritus, Laudet, Dominum, Mosem, Habent, *&c.* Prophetas, Exarent, Deus ut Dissipenter, Inimicus.

41. The *Herbal*, containing the Use and Vertue of six most Excellent Herbs growing in most Gardens or Fields. By Dr. *Culpepper*.

Of Liver-wort, the Government and Vertues is under Jupiter, under the Sign Cancer. It is a good Herb for all Diseases of the Liver, both to cool and cleanse it, also for the Yellow-Jaundice, bruis'd and boyl'd in Small Beer; it helps the Running of the Reins in Men, and the Whites in Women: it is excellent for Tetters, Ring-Worms, or Surfeits that cause the body to break out.

42. *Mallows*, and some of its Vertues.

It is a Herb of Venus, the Leaves and Roots boyled in Wine or Water, or in Broth with Fennel Roots or Parsly, is good for hot Agues or other Distempers, as the Plurisie, and Falling-sickness: Pliony saith, Whosoever shall drink a spoonful of the juice, shall that day be free from all Diseases; the Leaves and Roots boyled, helps all sorts of Poysons, and Stinging of Bees; its Vertues are too many here to mention.

43. The

43. The Vertues and Uſe of *Parſley*, Break-ſtone.

It is excellent to provoke Urine, and to break the Stone, it is a wholſom Herb; you may take a dram of the Powder of it in White-Wine, and it wil bring away Gravel from the Kidneys, without pain it helps the Strangury.

44. *Plantane*, its Vertues.

The juice of Plantane clarified and drank for ſome days, helps pains in th Guts, it is good to ſtay ſpitting of Blood, or foul ond bloody Water; the See is good againſt the Dropſie, Falling-ſickneſs, Yellow-Jaundies, ſtopping of th Liver and Reins.

45. *Century*, its Vertues.

This Herb boyled and drank, purgeth Collerick and groſs Humours, it help the Sciatica, it helps the Dropſie, and Green-ſickneſs, being much uſed in Powde to that purpoſe.

46. The Vertue of *Eye-bright*.

Eye-bright taken inwardly in White-wine or Broth, or dropped into the Ey for ſeveral days together, helps all infirmities of the Eyes, dimneſs of ſight; th Powder made into an Electuary with Sugar and a little Mace, and Feneel-ſeeds it hath reſtored ſight to thoſe that have been Blind for ſeveral years.

47. How to make Dr. *Palmers* choice Cordial Drink.

Take a quarter of a pint of White-wine, two Penniworth of Saffron, tw penniworth of Methridate, two ounces of White Sugar, one Race of Ginge grated, take two or three ſpoonfuls Night and Morning, and you will find it e cellent for moſt Diſeales.

48. For the Rickets.

Take the quantity of Jet that will lye upon a Groat, and keep it in a Glaſ of Sack two or three hours, then ſtir it about and drink it off. Receipt.

49. For the Tooth-ach, Approved.

Take Roſemary Wood, burn it to Coals, not to Aſhes, beat it ſmall, put into a new Linnen Cloth, make it as big as a Walnut, and hold it between you Teeth, it will kill all Worms, and keep the Teeth from pain. Or take a litt Pellitory of Spain, and hold it between the Tooth pained, and let the Rhume ru out of your Mouth, and in leſs then half an hour you will find eaſe: Or beat it Powder, and ſnuff it up the Noſtril on that ſide you are pained, and you will r ceive preſent eaſe.

50. A Medicine for the Cough of the Lungs.

Take three pints of running Water, half a pound of Portugal Sugar, wi nine Figgs, and half a ſpoonful of Anniſeeds bruiſed, a handful of Raiſons the Sun clean waſhed and ſtoned, and a penniworth of Maiden-hair; let all the boyl together until the one half and more be boyled away, then ſtrain them thro a fine Cloth, and every morning drink two ſpoonfuls of it luke warm, and y ſhall find preſent Remedy.

FINIS.